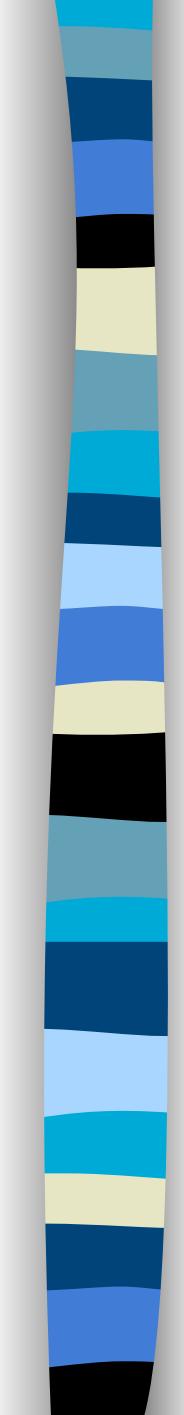


18b Swedish:
Technique Review and Practice -
Chest, Arms, Neck, Face, and Scalp



18b Swedish: Technique Review and Practice - Chest, Arms, Neck, Face, and Scalp Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
15 minutes	Pep talk
70 minutes	1st massage
20 minutes	20-minute break
70 minutes	2nd massage
10 minutes	Closing circle
3 hours, 15 minutes	Total



18b Swedish: Technique Review and Practice - Chest, Arms, Neck, Face, and Scalp Reminders

Quizzes and Written Exams:

- 19a Written Exam Prep Quiz
(study all material from classes 13a, 14a, 15a, 16a, and 17a)

- 21a Written Exam
(1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 14a, 15a, 16a, 17a, and 17b)

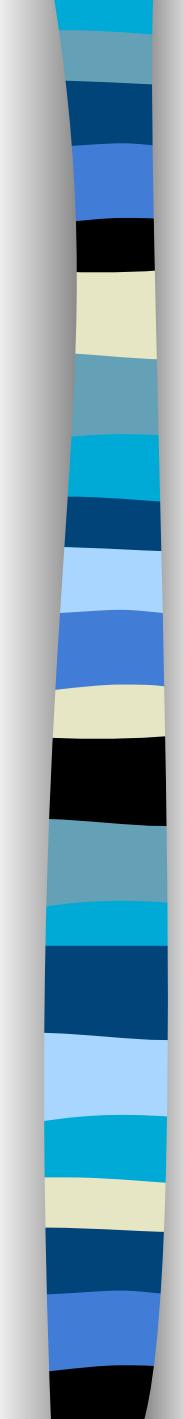
Assignments:

- 30a Review Questions (A: 139-156)

Preparation for upcoming classes:

- 19a Written Exam Prep

- 19b Swedish: Guided Full Body



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

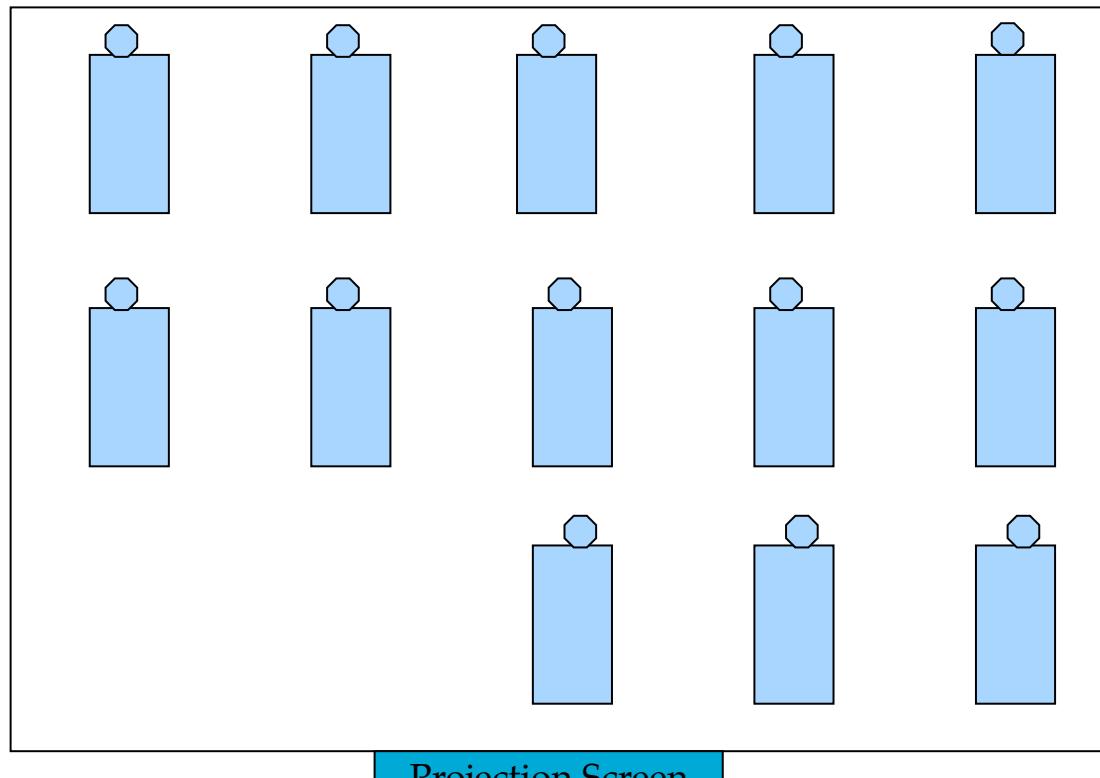
Setting up for the massage trade

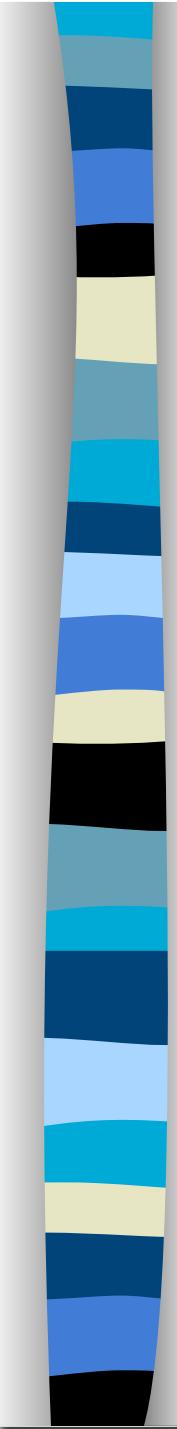
Set up the tables in the configuration below

Get out your supplies and dress your table

Adjust the table height and get a chair

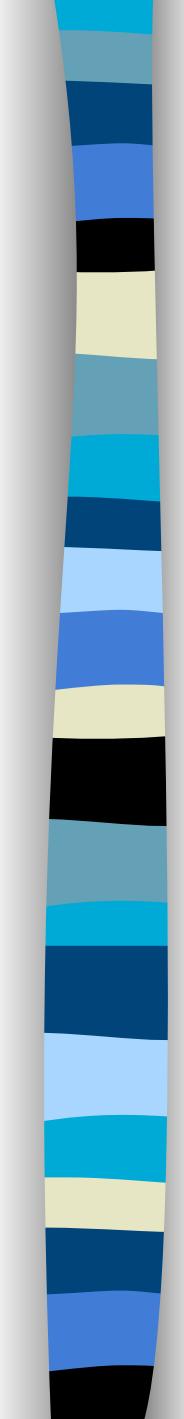
Put all your stuff in the “basement”





Chest and Arms

1. Upper chest effleurage for males or females
2. Whole arm effleurage
3. Upper posterior arm (triceps, posterior deltoid, lats)
 - Effleurage
 - Kneading
4. Upper anterior arm (biceps, coracobrachialis, anterior deltoid)
 - Effleurage
 - Kneading
5. Traction and circumduction of the arm



Chest and Arms, continued

6. Forearm

Whole forearm effleurage

Kneading

Stripping

7. Wrist and Hands

Thumb circles over wrist and dorsum of the hand

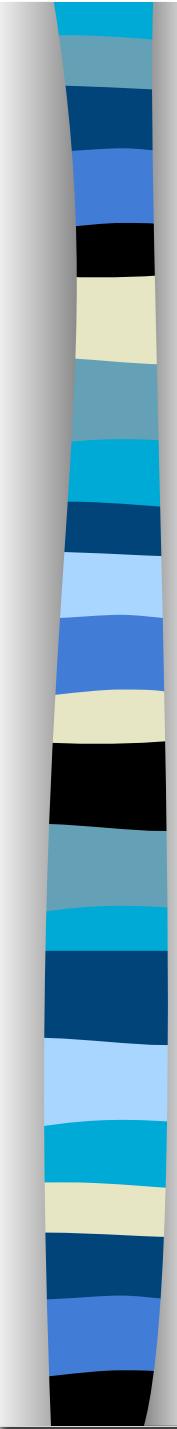
Thumb stripping between the metacarpals

Thumb effleurage between metacarpals

Mobilize the metacarpals by scissoring

Thumb circles on the palm of the hand

Knead, traction, circumduct, and squeeze each finger



Chest and Arms, continued

8. Whole arm

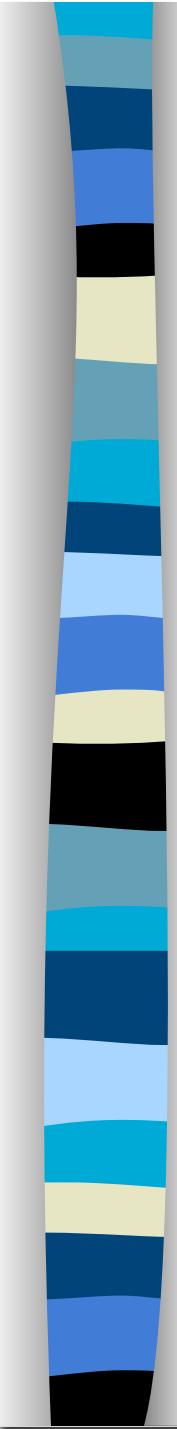
Effleurage

Tapotement

Effleurage

Nerve strokes

Repeat 1-8 on the other side



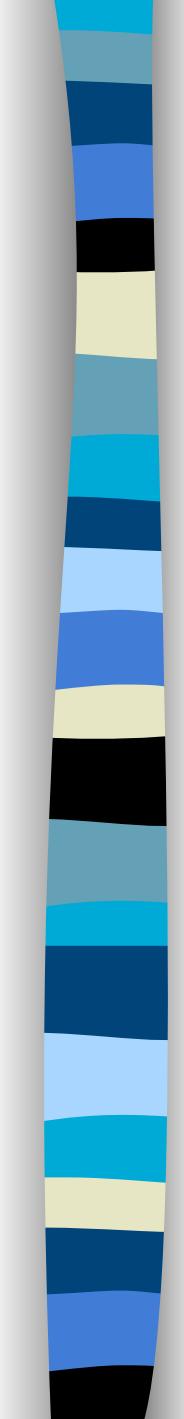
Neck (while cradling the head in one hand)

9. Large triangle effleurage (SCM, pectoralis major, trapezius)
10. Small triangle effleurage
(posterior edge of SCM, superior edge of clavicle, anterior edge of trapezius)
11. Circular superficial friction using finger pads in the small triangle
12. Ironing the upper trapezius (acromion process to mastoid process)
13. Circular superficial friction using finger pads up posterior neck

Repeat 9-13 on the other side

Neck (with head in neutral, not cradling it)

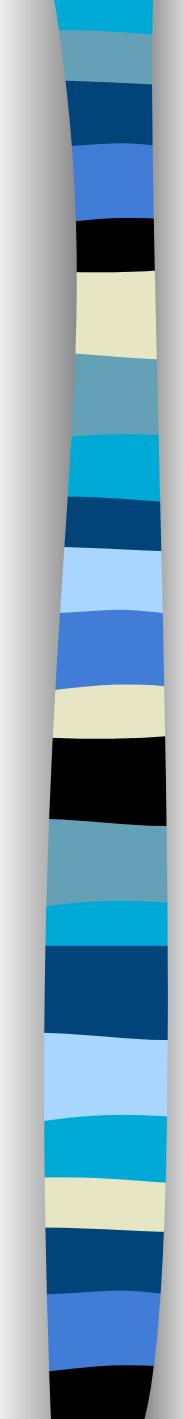
14. Bilateral superficial friction using finger pads up posterior neck



Face

15. Clean your hands with hand sanitizer
16. Use facial toner and cotton pads to clean your client's face

17. Effleurage face to apply facial lotion
18. Alternating fingertips up the forehead between the eyebrows
19. Thumb fulling the forehead laterally
20. Deep circular friction at the temples using finger pads
21. Fingertip effleurage around the orbits
(down side of nose, out the zygomatic, up over the temples, over the eye brows)
22. Deep circular friction at the temples using finger pads
23. Deep circular friction down masseter and along mandible to the chin
24. Alternating thumb effleurage on the chin
25. Pull out from the middle under the mandible



Ears

26. Superficial friction in front of and behind the ears using finger pads
27. Knead the ear cartilage and lobes
28. Circumduct the ears

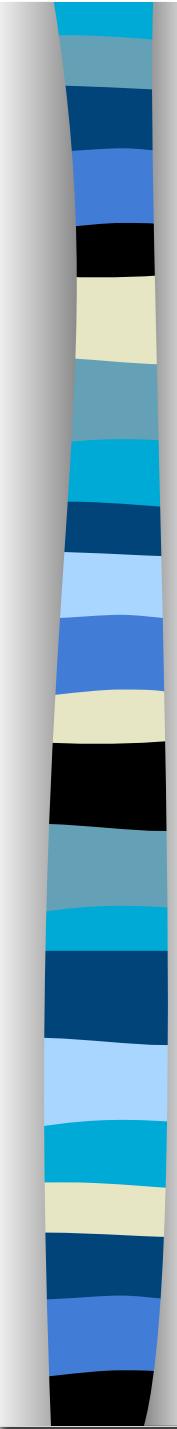
Scalp (with head cradled in one hand)

29. Superficial circular friction using finger pads on the scalp
30. Deep circular friction using finger pads on the scalp

Repeat 29-30 on the other side

Scalp (with head in neutral position)

31. Superficial friction in zigzag pattern across the top of the head
32. Resting stroke



18b Swedish:
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